

✓ Tai Chi/
Qigong
✓ Yoga

✓ Strength & Conditioning

- Strength Class
- Isometrics Class
- Balance Class
- Stretching Class
- Aerobics Class

For more information on
Whole Health,
visit us at

[www.portland.va.gov/
services/Whole_Health](http://www.portland.va.gov/services/Whole_Health)

Or

[www.portland.va.gov/
Active_Movement_Classes](http://www.portland.va.gov/Active_Movement_Classes)



All classes are now
offered online,
connect easily
through your
e-mail!

No referral needed

All classes can be modified for
your comfort and level of ability

For more information on
classes & scheduling,
call our
Active Movement line:
(503) 273-5114

“Those who think they have not time for
bodily exercise will sooner or later have
to find time for illness.” – Edward Stanley

“Let’s Get Moving!” Active Movement Classes



VA Portland Health Care System

3710 SW US Veterans Hospital Rd.
Portland, Oregon

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

What Is Tai Chi/Qigong?

Tai Chi is a slow-motion martial art which involves the flow of movement and practices to help calm the nervous system while strengthening muscles and improving balance. Qi Gong is a traditional Chinese mind-body practice, sometimes described as moving meditation. Focus is on breathing and meditation, self-applied massage techniques and gentle movement patterns.

What is Yoga?

Yoga concentrates on physical health and mental well-being. The style taught at the VA is Hatha yoga, which uses body postures and breathing/relaxation techniques with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Yoga works to make the spine supple and to promote blood flow throughout the whole body. Yoga postures also stretch and align the body, promote balance and flexibility.

What is Strength and Conditioning?

The strength and conditioning classes are offered in many styles to meet the needs of each veteran that range from: strength classes, stretching classes, balance classes, and aerobics classes. Strengthening is done using equipment that is readily available to veteran in their home. Isometric strengthening is conducted without any equipment. The aerobics class is to increase heart rate and get the blood flowing. The balance class is designed to help prevent falls, improve lower extremity strength and improve gait. All these classes are focused on the whole body and promote strength, endurance and heart health.

**Sign up for classes
now!**

**Call
(503) 273-5114**

Whole Health Active Movement

Benefits of Movement

- Improves mental health
- Decreases risk of falls
- Supports immune system
- Increases circulation
- Promotes good sleep patterns
- Improves coordination and memory
- Improves physical fitness level
- Promotes weight loss
- Increases energy level

